

SELF-EVALUATION QUESTIONS

Basic Intensive Training Competence-Based Requirements

BASIC INTENSIVE TRAINING SELF-EVALUATION FOR PARTICIPANTS

The following may serve as a self-evaluative tool for participants during Basic Intensive Training to track knowledge and skill levels and to offer opportunities to clarify and fine-tune knowledge and skills.

1. How would I explain the difference between internal and external control using examples from my own life?
2. If a friend asked me about the basic needs in choice theory, how would I describe them?
3. What is my understanding of the relationship between the needs and Quality World Pictures?
4. How would I explain the process one goes through in choosing Quality World Pictures?
5. Our perceptions are unique to each of us. How would I explain this to someone?
6. If the only thing we get from the real world is information, how could I describe the importance of knowing that?
7. What is my best way of identifying the four components of Total Behaviour and how they work concurrently?
8. I have used externally controlling behaviours in the past. What will I do differently now?
9. The axioms are useful in defining the basic principles of Choice Theory. Which one would I prioritize as the most important for me?
10. How will I create a supportive environment that builds trust with the client?
11. How would I describe the procedures that lead to change?
12. How do I intend to use the reality therapy process in different situations?
13. How would I compare lead management and boss management in a way that describes the differences?
14. What is my understanding of the specific applications of Lead Management in different settings [corrections, education, business, and social services]?
15. How would I explain the components of the Brain as a Control System chart to someone? [For example, through puzzles, felt charts, drawings, and the like]